

COMMON GROUND

NRH Community Garden

Upcoming Events

The following events are contingent on quarantine measures in place at the time!

April 18

Monthly Garden Workday
Starting at 8:30 am
Common Ground

Don't wait until then to go to the garden and clean up from winter gardens! If quarantine is still in place, find a time to come out and work in common areas, pulling weeds, and cleaning up shed.

May 16

Monthly Garden Workday
Starting at 8:30 am
Common Ground

Our garden will be at the height of the growing season! Which means the weeds and bugs will be out, as well! Please attend and help us keep our garden in top shape! Hopefully, the quarantine will be over and we can congregate and work together!

Never underestimate the healing power of a quiet moment in the garden.



GROW YOUR OWN



Be sure!

COMMON GROUND

SHOULD WE BRING BACK VICTORY GARDENS?

READ ARTICLE ON PAGE 4

OUR PUBLIC SERVICE OF DONATING TO COMMUNITY TABLE

DAVIS METHODIST CHURCH COMMUNITY TABLE FOOD DONATIONS



Put a smile on
someone's face.
Add a flower to
your donation!

Community Table Food Donation dates and times for our gardeners to share as much of their vegetables and/or other perishable and non-perishable items as they can, are as follows:

MONDAY, TUESDAY & THURSDAY

Between the hours of 9am and 12 noon.

On Tuesdays from 4pm to 7:30pm is for, stay in car, drive-thru for families in need. This is the only time/way they can pick up food during the COVID-19 restrictions.

You can also drop off food at this time at the drop off door or use the drive through and stay in your car, whichever you are comfortable with.

There will be a drop off crate at the north door entrance location (noted on the map) for you to put your vegetables. They ask that you knock on the door, so their helper Hanna knows you are there. When you see her, just leave and she will bring the vegetables inside to their coolers.

Please practice the 6 ft. rule of "Social Distancing" while donating and at the garden. No more than 10 people at one time in the garden, please.

Please clean the vegetables before leaving them in the donation crate.

Just a suggestion, leafy items like lettuce/kale do better if put in a plastic bag with a little water they can soak up to stay fresh while you pick.

**PLEASE BE GENEROUS AND SHARE WHEN YOU ARE ABLE
YES! WE CAN MAKE A DIFFERENCE**

COVID-19 INFO: Public health rules we need to follow as a gardening group at Common Ground:

- Please be respectful of other gardeners and practice social distancing (6' or more) while at the garden.
- Don't come to the garden if you are sick.
- Ten or less gardeners in the garden at one time per the amended 3-30-2020 Declaration of Local Disaster.
- Bring your Handi Wipes and/or hand sanitizer to use at the garden while you are there.

Community Garden Spotlight



Davis White, Boy Scout Group 179

We always appreciate our young scouts who are working to earn their Eagle Scout Achievement. Part of the requirements are to plan, develop, and lead a service project—the Eagle Project—that demonstrates both leadership and a commitment to duty. Davis decided to build two movable plots to help our gardeners who can not work in hot sun.

Pictured are the young men that helped Davis White on his project: Jack Riddle, Ethan Frayer, Jake Chapel, Tony Medford, Ethan Armstrong, Tyler Armstrong and Alex Compton. Thanks to all of you for contributing to Common Ground.



Community Garden Spotlight

We are so thankful for the students who come to the garden to fulfill service requirements for school. They are making a difference in our community by their volunteer efforts.



This is Dick Pafford's grandson, Matthew. He did a great job cleaning out plot 504, which is now rented, and he plans to continue work on plot 503.

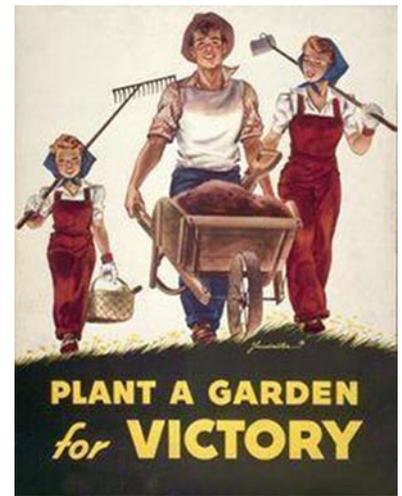


The week of March 3rd, student volunteers from Fort Worth Christian School helped with projects in North Richland Hills. The group enjoyed Nature Right Here by working on a variety of projects outside including applying mulch at the Common Ground NRH Community Garden.

SHOULD WE BRING BACK VICTORY GARDENS?

First, let's have a history lesson! During World War I, a severe food crisis emerged in Europe as agricultural workers were recruited into military service and farms were transformed into battlefields. As a result, the burden of feeding millions of starving people fell to the United States. In March of 1917 – just weeks before the United States entered the war – Charles Lathrop Pack organized the National War Garden Commission to encourage Americans to contribute to the war effort by planting, fertilizing, harvesting and storing their own fruits and vegetables so that more food could be exported to our allies.

Shortly after the United States was drawn into the Second World War, victory gardens began to reemerge. Once again, commercial crops were diverted to the military overseas while transportation was redirected towards moving troops and munitions instead of food. With the introduction of food rationing in the United States in the spring of 1942, Americans had an even greater incentive to grow their own fruits and vegetables in whatever locations they could find: small flower boxes, apartment rooftops, backyards or deserted lots of any size. Eleanor Roosevelt even planted a victory garden on the White House lawn.



In 1942, roughly 15 million families planted victory gardens; by 1944, an estimated 20 million victory gardens produced roughly 8 million tons of food – which was the equivalent of more than 40 percent of all the fresh fruits and vegetables consumed in the United States.

Throughout both world wars, the Victory Garden campaign served as a successful means of boosting morale, expressing patriotism, and safeguarding against food shortages on the home front. Gardening was promoted as a family-friendly activity that provided exercise and stretched food budgets.

Now, what about today? The new victory garden is all about self-reliance. It's about growing your own food so that you have control over what type of vegetables you grow and how you grow them. It's about getting back to real food. Gardening can be a great way to productively pass the time during social distancing, self-quarantine and self-isolation while also adding some food to your home. Plus, with many schools closed until further notice, gardening is one way to keep kids entertained (and perhaps teach a few science lessons).

Let's spread the word that gardening is one of the few exercises people can enjoy without fear.

Gardening provides mental and physical exercise and emotional therapy. Oh my, how we need that right now!

"The act of planting a seed is an act of faith in tomorrow. During this time of limited movement, a garden is a place to find solace, joy and wonder, and hopefully some great things to eat."

DIY RECIPES FOR THE GARDENER

Gardener's Hand Scrub

Ingredients:

- Dawn Hand Renewal dishwashing soap
- White sugar
- A small canning jar (or any other small jar you might have on hand)

The soap used to be called Dawn Hand Renewal with Olay, but it's now just called Dawn Hand Renewal and comes in several scents.

Fill a small jar about 2/3 of the way to the top with white sugar. Next, fill the rest of the jar with soap. Stop when the soap is about 1/2" from the top of the jar. Finally, stir the sugar and soap together until the whole thing reaches a paste-like consistency. To wash dirt, grease, or grime off your hands, scoop a small amount of the soap and sugar mixture into your hands and scrub. The sugar works like an abrasive to remove dirt and dead skin, and the Dawn soap helps to wash it all away.



Disinfectant Spray Recipe

Ingredients:

- Isopropyl alcohol
- Glycerol or glycerin
- Hydrogen peroxide
- Distilled water
- Spray bottle

Mix 12 fluid ounces of alcohol with 2 teaspoons of glycerol. You can buy jugs of glycerol online, and it's an important ingredient because it keeps the alcohol from drying out your hands. If you can't find glycerol, proceed with the rest of the recipe anyway and just remember to moisturize your hands after applying the sanitizer.

Mix in 1 tablespoon of hydrogen peroxide, then 3 fluid ounces of distilled or boiled (then cooled) water. (If you are working with a lower-concentration solution of rubbing alcohol, use far less water; remember, at least 3/4 of your final mixture has to be alcohol). Load the solution into spray bottles – this isn't a gel, it's a spray. You can wet a paper towel with it as well and use that as a wipe. If you would like, you can add in a splash essential oil to your concoction to make it smell nice.



REMEMBER: Properly scrubbing your hands is one of the best ways to stop the spread of germs and viruses, and to ensure you don't get sick yourself. But if you don't have access to soap and clean water, or if you are out at the garden, you should use hand sanitizer to protect your health.